

ABSTRACT OF THE DISCLOSURE

The present invention discloses a foam sheet and its production process comprising the formation of a plurality of independent cells and/or a plurality of continuous cells. The foam sheet is produced from a foamable composition that contains an acid generator that generates an acid or a base generator that generates a base due to the action of an active energy beam and a compound that has a decomposing foamable functional group that decomposes and eliminates one or more types of low boiling point volatile substances by reacting with the acid or base.